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How do you use osito foot massager

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OSITO Circulation System & Nerve Muscle Stimulator This machine is electronic foot and leg stimulator, NOT an ordinary kneading, shiatsu, vibrating foot massager. No Vibrating No Noise, but actively improves circulation, relieves muscle aches and nerve pains. Using EMS and TENS high-tech, relax stiffness muscles, reduce swollen feet and fatigue.Clinically proven to be safe and effective. This foot massage stimulator include 4 EMS (Electrical Muscle Stimulator) electrode pads, can use them to relax other parts of your body, such as Neck, Arm, Shoulder, Waist, Leg, etc. And you can use the electrode pads with foot massager machine at the same time or Used separately. The machine adopt triple medic technologies: EMS (Electrical Muscles stimulation), EPT (Electronic Pulse Therapy), TENS (Transcutaneous Electrical Nerve stimulator). Which can help for Pain Relief, Strenthen Muscles, Arthritis, Neuropathy, Cramps, and prevent restless leg syndromeetc and more. What is good in OSITO Circulation System & Nerve Muscle Stimulator? 1. Foot stimulator on Class II Medical Device —Using EMS and TENS High-tech: Increase blood circulation, relax stiffness muscles, and reduce swollen feet and fatigue. 2. NEW UPGRADE EXPERIENCE —Not only massage and relaxation, but also treatment as a medical device, it's different from ordinary kneading, shiatsu, vibrating foot massager. It's EMS (Electric Muscle Stimulation) foot massager machine. Just like "second-heart" circulation booster; like "family-doctor "caring for your foot and body, drug-free. 3. SUITABLE! No Limitation for the foot size —Maybe your foot size is 13, 14 or larger, but it's no problem, the principle of this device is to send the current impulse to neuromuscular through the soles of feet. Even if your toes is out of the foot plate, but the main part of your soles is on the machine, so you still can feel the pulse stimulation on your whole feet. 4. SAFETY! No Worry to hurt your feet —Because every person's physical fitness are different from each other, like man and female, old and youth, their feeling to the electric pulse strengthen will be quite different, for safety reason, we set the strengthen from weak to strong, providing an adaptation process and every time the machine will begin at zero. In the box 1 x Foot massager1 x Remote Control4 x Electrode silicone pads2 x Electrode wire1 x AC/DC adapter1 x Manual 2. OSITO Wireless TENS Unit EMS Stimulator Machine The wireless OSITO Wireless TENS Unit EMS Stimulator Machine is your personal masseur at home or on the road. No wires, light, pocket-sized and easy to carry.Wearable during moderate activity. You can take and use the TENS pad when and where ever you want. Helps with muscle pain, soreness & body ache relief. Self-training at home in gym and office. Feeling achy or sore on your back, shoulder, waist, leg, snap on the tens massager pads and instantly begin to enjoy the benefits. Standing up or working on the computer too long? Relief fatigue with this mini ems&tens unit. This wireless TENS Unit comes with 11 modes including Auto, Massage, Kneading, Acupressure, Tapping, Scrapping, Squeezing and more. Simply apply the TENS pads to the needed area on your body, adjust the massage mode and intensity needed. 3. Foot Circulation Stimulator (FSA or HSA Eligible) EMS Foot Massager by OSITO Foot Circulation Stimulator comes with 2 relaxation treatment systems - One is for foot stimulator, the other is for body stimulator. 4 electrode gel pads, can be used to relax the parts of your body, such as Feet, Calf, Ankle, Legs, Hips, Back, Shoulder, Waist, etc. The two stimulation systems can be used together or separately It has 25 kinds of massage modes for sole/body to eliminate fatigue, 99 kinds of electromagnetic wave intensity to meet your required ideal result in a proper sequence. Automatic timer for every 25 mins. With sole massage roller on the device for Plantar Fasciitis What are the 25 Modes? Massage Tapping / Massage / Pushing Massage / Thumping / CuppingScrapping / Scrapping PressingAcupuncture Pushing / Acupuncture / Acupuncture Kneading / Acupuncture Tapping / Acupuncture Squeezing / Acupuncture Hammering / Acupuncture Therapy MassageRolling Kneading / Rolling Pounding / Kneading / Body Shaping / Shiatsu / Stoke / HammeringPushing Squeezing / Squeezing / Pushing How to use OSITO Foot Circulation Stimulator? Place your BARE feet on itPress the power button for 3 secondsAdjust the mode by pressing "Mode+" & "Mode-" to select different modes, 25 modes in total.Increase the intensity by clicking "Sole+" & "Body+" or decrease by "Sole-" & "Body-", 99 intensities in total.Once the mode is resetted, the intensity will be returned to "0". The user should reset the intensity.To terminate the massage period, the user can turn off the unit at any time by pressing the Switch button. Package List 1* Foot Circulation Massager1* Remote Controller1* Adapter2* Patch Cables4* Electrode Pads1* User Manual OSITO electronic muscle stimulator customer reviews Helps relieve my foot and leg painI have had fairly severe foot pain for several years. I have only just begun to use this device but, already, it looks promising as an aid to relieve my pain. When I use the foot stimulator, I can feel the pulse all the way up to my knees which is great because that's how far my pain extends. This product is well made and has loads of different settings. If there was one thing that I could add to improve it, I would add heat.By Amazon Reviewer Now he can get his acupuncture at home!It is very helpful to my husband. he's a diabetic and has nerve problem. Now he don't need to go to acupuncture doctor more often this gets the job done. it also comes with electrode gel pads that he use on his back ,neck and legs.. easy to navigate.. you can adjust the pressure you want using the remote and you'll also see on the LCD if it's decreasing or reducing intensity.. so far ...so good!By Amazon Reviewer FDA proved gift for parentsMy parents have a long history of muscle pains and I got this OSITO EMS foot massager for them. It turns out that it is not only a foot massager, but it also has 4 electrode pads that can attach to different body parts. It can massager back, leg and arms too. More importantly, it is proved by FDA. So far, my parent has been using it for weeks and it turns out to be quite good. There are 25 modes and 99 intensity levels. Each section is about 25mins. My parents love to use it at one time a day after work.By Amazon Reviewer Editor's recommendations OSITO is a manufacturer producing high quality products and providing good service to our customers worldwide. We have nearly 20 years of experience in manufacturing medical foot health massager. Our EMS and TENS foot massager and nerve stimulator is CLASS II MEDICAL DEVICE. It is clinically proven to improve local circulation, reduce muscle tension and significantly reduce pain. The machine adopt triple medic technologies: EMS (Electrical Muscles stimulation), EPT (Electronic Pulse Therapy), TENS (Transcutaneous Electrical Nerve stimulator). Which can help for Pain Relief, Strenthen Muscles, Arthritis, Neuropathy, Cramps, and prevent restless leg syndromeetc and more. 6 White Noise Machine, Wekiistar Schlafgerauschmaschine mit Nachtlicht, 32 Beruhigende Schlafgeräusche, Warmes Licht, 5 Einstellbare Farben, Timer-Abschaltung, Geeignet für Zuhause, Reisen White Noise Machine, Wekiistar Schlafgerauschmaschine mit Nachtlicht, 32 Beruhigende Schlafgeräusche, Warmes Licht, 5 Einstellbare Farben, Timer-Abschaltung, Geeignet für Zuhause, Reisen 8 White Noise Machine, Roffie Einschlafhilfe Weißes Rausche Maschine, 30 Natürliche Beruhigender Geräuschen, Timing-Funktion Tragbarer Hochwertiger Schlaftherapie, Geeignet für Zuhause, Büro, Reisen White Noise Machine, Roffie Einschlafhilfe Weißes Rausche Maschine, 30 Natürliche Beruhigender Geräuschen, Timing-Funktion Tragbarer Hochwertiger Schlaftherapie, Geeignet für Zuhause, Büro, Reisen ProtectionShiatsu Foot Massager NekteckS\$68Brand new Each product we feature has been independently selected and reviewed by our editorial team. If you make a purchase using the links included, we may earn commission. After a butt-kicking workout or long day at work, it's not uncommon to ask your partner (or shamelessly beg your roommate) for a relaxing foot massage. But if you live alone, are unbearably ticklish, or just self-conscious, might we recommend a device that you can manually adjust to suit your needs—and won't comment about your calluses or stinky feet? Enter: foot massagers! Not only are these devices extremely calming, but they help promote better blood flow, as well as relieve chronic and nerve pain, whether from running and exercising or excruciating foot ailments like plantar fasciitis and edema. And even if you just have tender feet from working all day, a foot massager can give you a little R&R. Slap on a face mask, turn on Netflix, and pop those barking dogs into the massager. We've rounded up the most popular foot massagers on Amazon to relieve uncomfortable tension in your feet (and let your partner off the hook for foot rub duty). RELATED: The Best Shoes For Plantar Fasciitis, According to Podiatrists this link is to an external site that may or may not meet accessibility guidelines. how to use osito foot massager. osito foot massager instructions. osito foot massager price. how to use a foot massager. how to use dr ho foot massager

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